



**COWLEY COLLEGE
& Area Vocational Technical School**

COURSE PROCEDURE FOR

<p>VARSITY VOLLEYBALL I HVS6561 1 Credit Hour</p>

Student Level:

This course is open to students on the college level in either the Freshman or Sophomore year.

Catalog Description:

HVS6561 - VARSITY VOLLEYBALL I (P) (1 hr)

Student participation in volleyball on an intercollegiate level.

Prerequisites:

None

Controlling Purpose:

This course is designed to help the student with an opportunity to participate in volleyball on an intercollegiate level. Teamwork, participation, responsibility and enjoyment of competition are to be stressed along with the health aspects that can be derived from developing good physical fitness.

Learner Outcomes:

Upon completion of the course, the student will develop a high degree of skill in volleyball. The student will become familiar with the way different tournaments are run and learn strategies involved in good volleyball at a high level of competitions.

Units Outcomes and Criterion Based Evaluation Key for Core Content:

The following defines the minimum core content not including the final examination period. Instructors may add other content as time allows.

Kansas Competency Index
Occupational Specific Workplace Competencies (Postsecondary)
Specific Competencies

Evaluation Key:

- | | | |
|---|---|--|
| A | = | All major and minor goals have been achieved and the achievement level is considerably above the minimum required for doing more advanced work in the same field. |
| B | = | All major goals have been achieved, but the student has failed to achieve some of the less important goals. However, the student has progressed to the point where the goals of work at the next level can be easily achieved. |
| C | = | All major goals have been achieved, but many of the minor goals have not been |

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achieved. In this grade range, the minimum level of proficiency represents a person who has achieved the major goals to the minimum amount of preparation necessary for taking more advanced work in the same field, but without any major handicap of inadequacy in his background.

- D = A few of the major goals have been achieved, but the student's achievement is so limited that he is not well prepared to work at a more advanced level in the same field.
- F = Failing, will be computed in GPA and hours attempted.
- N = No instruction or training in this area.

UNIT 1: PERSONAL SKILLS AND TIME MANAGEMENT						
Outcomes: Upon completion of this unit, the students will be able to successfully...						
A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Set priorities in which several tasks will be accomplished.
						Regular attendance, be on time for practice, games, and team meetings.
						Emphasize the importance of time management.

UNIT 2: SPEAKING SKILLS						
Outcomes: Upon completion of this unit, the students will be able to successfully...						
A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Use communication skills by participation on the floor, huddle or locker room.

UNIT 3: HUMAN RESOURCE MANAGEMENT						
Outcomes: Upon completion of this unit, the students will be able to successfully...						
A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Discuss and experience the positive and negatives of participating in college athletics.

UNIT 4: LISTENING SKILLS

Outcomes: Upon completion of this unit, the students will be able to successfully...

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Demonstrate the appropriate listening skills by the performance on the court, dorms, class and our community.

UNIT 5: GROUP EFFECTIVENESS SKILLS

Outcomes: Upon completion of this unit, the students will be able to successfully...

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Being able to work with a group to achieve a common goal.

UNIT 6: KNOWLEDGE OF VOLLEYBALL

Outcomes: Upon completion of this unit, the students will be able to successfully...

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Develop & maintain good sportsmanship.
						Acquire a sense of pride for self, teammates, and the college.
						Become aware of different offense attacks and why one uses them.
						Become aware of different defensive attacks and why one uses them.
						Become aware of the skill level needed to play intercollegiate volleyball.
						Become aware what sacrifices one makes to make a team as one.

Projects Required:

Practice two hours a day.

Attend all matches.

Textbook:

None

Materials/Equipment Required:

AVA Volleyball
Volleyball Magazine

Attendance Policy:

Students should adhere to the attendance policy outlined by the instructor in the course syllabus.

Grading Policy:

The grading policy will be outlined by the instructor in the course syllabus.

Maximum class size:

Based on classroom occupancy

Course Time Frame:

The U.S. Department of Education, Higher Learning Commission, and the Kansas Board of Regents define credit hour and have specific regulations that the college must follow when developing, teaching, and assessing the educational aspects of the college. A credit hour is an amount of work represented in intended learning outcomes and verified by evidence of student achievement that is an institutionally-established equivalency that reasonably approximates not less than one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work for approximately fifteen weeks for one semester hour of credit or an equivalent amount of work over a different amount of time. The number of semester hours of credit allowed for each distance education or blended hybrid courses shall be assigned by the college based on the amount of time needed to achieve the same course outcomes in a purely face-to-face format.

Refer to the following policies:

[402.00 Academic Code of Conduct](#)

[263.00 Student Appeal of Course Grades](#)

[403.00 Student Code of Conduct](#)

Disability Services Program:

Cowley College, in recognition of state and federal laws, will accommodate a student with a documented disability. If a student has a disability which may impact work in this class which requires accommodations, contact the Disability Services Coordinator.